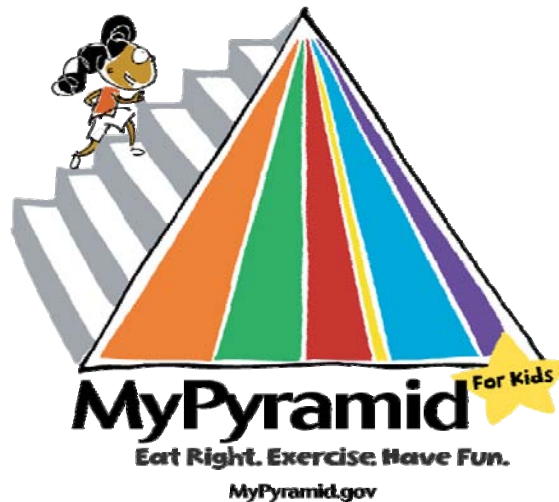# ANSWER KEY for Second Grade (28 points)

Eat Smart to Be Smart Lesson Review

1. The My Pyramid for Kids picture (logo) can help me plan healthy meals and snacks. Match the name of the food group to the correct stripe on the MyPyramid for Kids. (5 points)

The correct answers are listed below the name of the food group

Dairy/Milk	Vegetables	Grains	Fruits	Meat and Beans
Blue	Green	Orange	Red	Purple

2. What does the child climbing up the stairs of the MyPyramid picture mean to you? Draw a circle around the answer. (2 points)

     a. I need to play and be active each day

3. Draw a circle around the foods that are in the Vegetable Group. (2 points)

Carrots

Broccoli

4. At the school breakfast program today, the menu was scrambled eggs, toast, banana and milk. How many food groups are in this meal? (2 points)

> b. Four

5. Circle all of the healthy drinks in this grouping. (2 points)

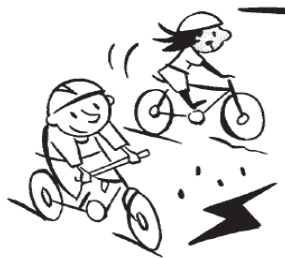a. Orange Juice   b. Milk

6. Draw a circle around the two ways to be physically active every day. (2 points)

b. Playing Soccer   c. Riding a bike

7. Which type of milk is the healthiest for your heart? (2 points)

> b. Fat Free Milk

8. Draw a circle around the foods in the dairy group (3 points)

       b. Cheese   c. Yogurt   d. Milk

The following 4 questions are Agree / Disagree Questions. If you agree, with the statement in the question, circle YES. If you disagree circle NO.

Do you agree or disagree with this statement? (2 points)
9. It is important to eat breakfast every day because it gives me energy to learn, play and grow.

    a. YES, I agree with it

Do you agree or disagree with this statement? (2 points)
10. By eating dairy foods each day, I will help my body build strong bones and teeth.
    a. YES, I agree with it

Do you agree or disagree with this statement? (2 points)

11. Fiber is found in fresh fruits and vegetables and whole grain cereals or breads.
    a. YES, I agree with it

Do you agree or disagree with this statement? (2 points)
12. When my heart beats faster than normal it raises my pulse.

    a. YES, I agree with it